

GLP-1 Weight Loss Medication Checklist

If you're considering medication-assisted weight management, this guide will help you understand the Acton Medical process and what to expect.

Obesity is a chronic, complex medical disease influenced by genetics, metabolism, environment, and behavior. As we learn more about this disease, it is important to reframe this as not simply a matter of willpower. Medications such as GLP-1 receptor agonists can be highly effective tools for weight management, but they work best as a part of a comprehensive care plan. Successful and sustainable weight loss is not achieved through one intervention but rather through optimizing nutrition, physical activity, sleep, stress management, and other lifestyle factors alongside long-term medication therapy. Currently, access to these medications is impacted by insurance coverage, which can be tricky to navigate. This guide outlines the step-by-step process for safely initiating and maintaining this long-term medication therapy as a part of your weight management plan. Our goal is to work together with you as a team to streamline and optimize your experience while striving towards improvement in your overall health and quality of life through safe practice and evidence-based care.

Step 1: Check Insurance Coverage

Call your insurance company using the **member services number** on the back of your insurance card.

Ask the following:

- **“Is Wegovy (oral or injectable) or Zepbound covered under my insurance plan for the diagnosis of obesity?”**
 - Note: **Ozempic and Mounjaro** are for **diabetes only** and will **not** be prescribed for weight loss.
 - The active ingredients in these medications are:
 - **Semaglutide** (found in Wegovy & Ozempic)
 - **Tirzepatide** (found in Zepbound & Mounjaro)

Step 2: Record Insurance Coverage Details

Use the chart below to document what your insurance company covers, if prior authorization (PA) is required, and your expected out-of-pocket costs.

Medication Name	Covered? (Yes/No)	Prior Authorization Required? (Yes/No)	Expected Monthly Cost
Wegovy (injectable)			
Wegovy (oral)			
Zepbound			

Step 3: Confirm Authorization Requirements

- Are there any specific requirements for prior authorization approval?
- Does your insurance require documentation of previous weight loss attempts or other criteria?

***If this medication is covered by your insurance plan
OR you have found a self-pay option that works for you,
proceed to step 4.***

Step 4: Contact the Office to Schedule an appointment with the Registered Dietician

- Contact our office to schedule a visit with our **registered dietician**.
- For this visit:
 - Bring this **completed form** or the details of the self pay option you would like to pursue
 - The dietician will –
 - review and assist in optimizing nutrition as well as lifestyle measures that are recommended with use of this medication to improve changes of success and decrease associated risks
 - make a plan to help *prevent* nutritional deficiencies associated with both short and long term potential complications (ie hair loss, bone density loss, muscle loss)
 - review your insurance coverage or self pay preferences
 - initiate the prescription process with our pharmacy team

Step 5: Prescription Processing

- Once the pharmacy team receives your information, our staff will initiate the prescriptions and submit a prior authorization if required.
- Please allow a **minimum of 10 business days** for prior authorization processing and approval.

Step 6: Follow up

- For your safety and in keeping with best practice, regular follow up is *essential*.
 - This allows for reassessment and proper, safe titration of doses
 - Provides support for you during this long-term process
 - Allows regular conversations for troubleshooting and maintenance while assessing for any side effects, some of which are not associated with symptoms
 - **Schedule a follow up appointment** with your physician or NP to be seen about **2 months** from when you start this medication.
 - You can expect to be seen for follow up at a minimum of every 2 months during the titration period.
 - You can expect to be seen for follow up a minimum of every 6 months during the long term maintenance period.
 - This is essential to ensure your safety and ensure best possible outcomes, as well as to prevent any lapses in insurance authorization
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Addendum: Titration Schedule for Wegovy and Zepbound

Titration schedule varies by individual based on response and side effects.

Wegovy (Semaglutide) Titration Schedule

Week	Dose	Notes
Weeks 1-4	0.25 mg once weekly	Initial dose to minimize side effects
Weeks 5-8	0.5 mg once weekly	Gradual increase
Weeks 9-12	1.0 mg once weekly	Continue dose escalation
Weeks 13-16	1.7 mg once weekly	Maintenance dose (if weight loss goal achieved)
Week 17+	2.4 mg once weekly	Maintenance dose

Zepbound (Tirzepatide) Titration Schedule

Week	Dose	Notes
Weeks 1-4	2.5 mg once weekly	Initial dose to minimize side effects
Weeks 5-8	5 mg once weekly	Dose escalation begins
Weeks 9-12	7.5 mg once weekly	Continue gradual increase
Weeks 13-16	10 mg once weekly	Intermediate dose
Weeks 17-20	12.5 mg once weekly	Pre-final titration step
Week 21+	15 mg once weekly	Full maintenance dose

***Zepbound maintenance dose can be 5mg, 10mg, or 15mg depending on weight loss and tolerability. Follow up visit at 2 months is required to discuss maintenance dosing.